

## ABSTRACT OF THE DISCLOSURE

An implantable therapy delivery system has a therapy delivery element that is inserted or implanted into a human body and anchored or fixed to tissue to delivery a therapy to a patient. In one embodiment an implantable neurostimulator uses an electrical stimulation lead to deliver a therapy such as sacral nerve stimulation, peripheral nerve stimulation, and the like. In another embodiment the implantable therapeutic substance delivery device, also known as a drug pump, is connected to a catheter to deliver a therapy to treat conditions such as spasticity, cancer, pain, and the like. The therapy delivery element is anchored to tissue using an adjustable anchor having a therapy grip element, at least two extension elements connected to the therapy grip element, and a tissue fixation element connected to the extension elements. The extensions project substantially perpendicular in relation to the therapy delivery element and are configured to actuate the therapy grip element to an opened position and a closed position. A tissue fixation element is connected to the extensions and configured for fixation to a tissue location from an axial direction to the therapy delivery element. The adjustable anchor facilitates minimally invasive procedures, facilitates securing the therapy delivery element in the same plane as the therapy delivery element was inserted, facilitates rapid placement to reduce procedure time, and provides a wide range of other benefits. The adjustable anchor and its methods of operation have many embodiments.